

# Atole de Manzana de Zacatlán de las Manzanas (Puebla, Mexico)

## Ingredients for 4 cups

- 1 apple
- 2 carrots
- 1 can of condensed milk
- 4 cups of 2 % milk
- 2 ½ tablespoons of rice flour

**Nutrition Fact: Apples and Carrots have essential vitamins for eye health**

**Cultural Fact: Apples are not originally from the Americas. Zacatlan de las Manzanas is the first known apple orchards in the Americas.**

## Preparation (15 minutes)

1. Wash the apple and carrots.
2. In a pot, boil the apple and carrots until they are soft.
3. Add the apple and carrots to the blender.
4. Add the milk and Lechera
5. Blend
6. As it is blending, slowly add the rice flour
7. Boil
8. Serve hot with a little bit of ground cinnamon on top